

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

March cont'd 31

- AM ● Cardio Class [CS1]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Sunday Morning Movie
- AM ● Spiritual Hymns [CR2]
- AM ● Sunday Devotional [CR2]
- PM ● Mandala Meditation
- PM ● **Thymeless [CR2]**
- PM ● Lemonade Social
- PM ● Quotes about Kindness
- PM ● Walking Club
- PM ● Chair Soccer [CY]
- PM ● Relaxation Soothing Tunes

embrace
BY SENIOR LIFESTYLE

MEMORY CARE

BE CREATIVE AND HAVE FUN

BE CREATIVE AND HAVE FUN

1

- AM ● Waking Up to the Sounds of the 1940's [CS2]
- AM ● Morning Cardio [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Game Club: Roll-a-Garden
- AM ● Snack and Chat
- AM ● Create Your Own Puzzle
- PM ● Afternoon Devotional: Inspiring Others
- PM ● Cup Stacking Competition
- PM ● Coke Float Social & the Music of the 1950's [MK2]
- PM ● **Essence**
- PM ● Music and Snack Social
- PM ● Choir Club: Irish Tunes
- PM ● Pass the Picture: Views of Hawaii
- PM ● The Sounds of Elvis [CR]

2

- AM ● Tai Chi [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat
- AM ● Creative Minds: Sculpture [CR2]
- AM ● Choir Club: Songs About Love
- PM ● All About the United Kingdom [CR2]
- PM ● **Thymeless [CR2]**
- PM ● This Or That
- PM ● Things That Make Us Smile
- PM ● Relaxation: Moving Art
- PM ● Family Feud [CR2]

3

Resident Birthdays

Gary G. 3/6
Marion P. 3/7
Walter H. 3/19
Lee B. 3/31

- AM ● Cardio Class [CS1]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Sunday Morning Movie
- AM ● Snack and Chat
- AM ● Charades: Types of Sports
- AM ● Spiritual Hymns [CR2]
- AM ● Sunday Devotional [CR2]
- PM ● Picture Puzzles
- PM ● Rick Steves Travel Video (IN2L)
- PM ● **Thymeless [CR2]**
- PM ● Lemonade Social
- PM ● Quotes about Kindness
- PM ● Walking Club
- PM ● Book Club [CY]
- PM ● Relaxation Soothing Tunes

4

- AM ● Dancercise to Old Favorites [CR2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Morning Stretches
- AM ● Snack and Chat
- AM ● Creative Minds: Paint With a Purpose
- PM ● Pass the Picture: Flowers
- PM ● Getting to Know You Color Game
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Snack Social & the Sounds of the 40's
- PM ● Picture Scavenger Hunt
- PM ● Finish the Melody
- PM ● Songs From Our Past [CR2]

5

- AM ● Chair Dancing [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Name the Flower
- AM ● Sport Fitness: Chair Soccer [CS2]
- AM ● Snack and Chat
- AM ● **Book Marks [CR2]**
- PM ● Creative Minds: Water Color Lesson's With Stephanie [CS2]
- PM ● **Thymeless [CR2]**
- PM ● Roll-a-Monster
- PM ● Words of Hope: Seeing Clearly (IN2L)
- PM ● Music & Movement [CY]

6

- AM ● Tap Your Feet to the Beat [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● **What Does Spirituality Mean to You? [CS2]**
- AM ● Snack and Chat
- AM ● **Spark [CR2]**
- PM ● Dominos
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- 3:00 ● **Entertainment by Singer Gary Sudin [MK2]**
- PM ● Lemonade Social
- PM ● Musical Memories

7

- AM ● Leg Workout [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Take a Penny If [CR2]
- AM ● **Morning Mass With Deacon Fred**
- AM ● Snack and Chat
- AM ● Slide Show: Scenic Places We've Been to
- PM ● Mindful Meditation [CR2]
- PM ● **Outing Drive thru Lone Elk Park**
- PM ● Musical Memories [CR]
- PM ● **Thymeless [CR2]**
- PM ● All About Lucille Ball
- PM ● Karaoke [CR2]

8

- AM ● Waking Up to the Sounds of the 1950s
- AM ● Morning Cardio [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Food Around the World
- AM ● Snack and Chat
- AM ● Game Club: Jenga
- AM ● Coffee and Comedy
- PM ● **Essence**
- 2:00 ● **Shabbat Service with Rabbi Rose [MK2]**
- PM ● **Thymeless [CR2]**
- PM ● Arm Chair Travel
- PM ● The Sounds of Elvis [CR]
- AM ● Choir Club: Made Famous By Sinatra

9

- AM ● Tai Chi [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat
- AM ● Funny Babies [CS2]
- AM ● Puzzles and Table Games
- PM ● Afternoon Devotional
- PM ● **Thymeless [CR2]**
- PM ● Things That Make Us Smile
- PM ● Relaxation: Moving Art
- PM ● The Price is Right [CR2]

10

Daylight Saving Time Begins

- AM ● Cardio Class [CS1]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Sunday Morning Movie
- AM ● Snack and Chat
- AM ● Spiritual Hymns [CR2]
- AM ● Sunday Devotional [CR2]
- PM ● Remember the Song
- PM ● Mandala Meditation
- PM ● **Thymeless [CR2]**
- PM ● Lemonade Social
- PM ● Quotes about Kindness
- PM ● Walking Club
- PM ● Chair Soccer [CY]
- PM ● Relaxation Soothing Tunes

11

- AM ● Dancercise to Old Favorites [CR2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Mindfulness Scavenger Hunt
- AM ● Snack and Chat
- AM ● Guess the State
- PM ● Have You Ever?
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Snack Social & the Sounds of the 40's
- PM ● Jobs That No Longer Exist
- PM ● Coca-cola and Classic Tunes
- PM ● Songs From Our Past [CR2]

12

Family Night Dinner

- AM ● Chair Dancing [CS2]
- AM ● **Thymeless: Herb Garden Care**
- 10:00 ● **Intergenerational Music Therapy Program [CR2]**
- AM ● Ball Toss to the Sounds of the 60's
- AM ● **Book Marks [CR2]**
- PM ● Creative Minds: Art Your Way [CS2]
- PM ● **Thymeless [CR2]**
- PM ● Coca-cola and 50's Rock and Roll
- PM ● Spelling Bee: Outdoors
- PM ● Writing Positive Words
- PM ● Music & Movement [CY]

13

- AM ● Tap Your Feet to the Beat [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Reasons to Be Thankful
- AM ● Snack and Chat [CS2]
- AM ● **Vitality Ballet**
- AM ● **Spark [CR2]**
- PM ● What's in the Garden
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- 3:00 ● **Entertainment by Singer Don Stevenson [MK2]**
- PM ● **March Birthday Celebration**
- PM ● Musical Memories

14

- AM ● Leg Workout [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Take a Penny If [CR2]
- AM ● Snack and Chat [CS2]
- AM ● **Morning Mass with Deacon Fred [SR2]**
- PM ● Mindful Meditation [CR2]
- PM ● **Outing to Powder Valley Nature Center**
- PM ● **Thymeless [CR2]**
- PM ● The Sounds and Views of The Ocean [BFS]
- PM ● Karaoke [CR2]

15

- AM ● Waking Up to the Sounds of the 1960s
- AM ● Morning Cardio [CS2]
- AM ● Snack and Chat [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Ball Toss to Old Tunes
- AM ● Spelling Bee: Animals
- PM ● Pass the Picture: Reminisce With Vintage Photos
- AM ● Coffee and Comedy
- PM ● Coke Float Social & the Music of the 1950's [MK2]
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Choir Club: Songs About Colors
- PM ● Guess the Color
- PM ● Arm Chair Travel
- PM ● The Sounds of Elvis [CR]

16

- AM ● Tai Chi [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Creative Minds: Sculpture [CR2]
- AM ● Color and Shape Matching
- PM ● All About the United Kingdom [CR2]
- PM ● **Thymeless [CR2]**
- PM ● Things That Make Us Smile
- PM ● Relaxation: Moving Art
- PM ● Family Feud [CR2]

17

St. Patrick's Day

- AM ● Cardio Class [CS1]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Sunday Morning Movie
- AM ● Spiritual Hymns [CR2]
- AM ● Sunday Devotional [CR2]
- PM ● Animal Trivia
- PM ● Mandala Meditation
- PM ● **Thymeless [CR2]**
- PM ● Quotes about Kindness
- 3:00 ● **St. Patrick's Day Social**
- PM ● Walking Club
- PM ● Chair Soccer [CY]
- PM ● Relaxation Soothing Tunes

18

- AM ● Dancercise to Old Favorites [CR2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Roll the Dice & Break the Ice
- AM ● Snack and Chat [CS2]
- AM ● Images Then and Now
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Snack Social & the Sounds of the 40's
- PM ● Puzzles and Table Games
- PM ● Finish the Melody
- PM ● Songs From Our Past [CR2]

19

- AM ● Chair Dancing [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● **Guess the Scent [CS1]**
- AM ● Snack and Chat [CS2]
- AM ● **Book Marks [CR2]**
- PM ● Creative Minds: Drawing 101 [CS2]
- PM ● **Thymeless [CR2]**
- PM ● Snack Social & the Sounds of the 40's
- PM ● Guess the Image
- PM ● Choir Club: Classic Show Tunes
- PM ● Music & Movement [CY]

20

- AM ● Tap Your Feet to the Beat [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat [CS2]
- AM ● **Spark [CR2]**
- AM ● **Helping Hands: Laundry [CS2]**
- PM ● This or That: Nature
- PM ● Remembering Old Commercials
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- 3:00 ● **Music Therapy with Jim Harris [CR2]**
- PM ● Lemonade Social
- PM ● Musical Memories

21

- AM ● Leg Workout [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Take a Penny If [CR2]
- AM ● Snack and Chat [CS2]
- AM ● **Morning Mass With Deacon Fred**
- PM ● **Outing Drive to the St Louis Arch**
- PM ● **Thymeless [CR2]**
- PM ● All About Johnny Mathis [BFS]
- PM ● Karaoke [CR2]

22

- AM ● Waking Up to the Sounds of the 1970s
- AM ● Morning Cardio [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat [CS2]
- AM ● Game Club: Getting to Know You
- AM ● Morning Devotional
- AM ● Coffee and Comedy
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Music and Snack Social
- PM ● Remembering Grace Kelley
- PM ● Ball Toss to the Sounds of the 60's
- PM ● Arm Chair Travel: Deserts
- PM ● The Sounds of Elvis [CR]

23

- AM ● Tai Chi [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat
- AM ● Name the Nursery Rhyme
- AM ● Color and Shape Matching
- PM ● Rick Steve's Travel (IN2L)
- PM ● **Thymeless [CR2]**
- PM ● Things That Make Us Smile
- PM ● Relaxation: Moving Art
- PM ● The Price is Right [CR2]

24

- AM ● Cardio Class [CS1]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Sunday Morning Movie
- AM ● Spiritual Hymns [CR2]
- AM ● Sunday Devotional [CR2]
- PM ● Mandala Meditation
- PM ● **Thymeless [CR2]**
- PM ● Lemonade Social
- PM ● Quotes about Kindness
- PM ● Walking Club
- PM ● Chair Soccer [CY]
- PM ● Relaxation Soothing Tunes

25

- AM ● Dancercise to Old Favorites [CR2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Coffee and Comedy With Andy Griffith
- AM ● Snack and Chat [CS2]
- AM ● Ball Toss to Old Tunes
- PM ● Afternoon Garden Relaxation [BFS]
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- PM ● Snack Social & the Sounds of the 40's
- PM ● Game Club on the Patio
- PM ● Songs From Our Past [CR2]

26

- AM ● Chair Dancing [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● **Coffee & Canvas with Stephanie [CS2]**
- AM ● Spelling Bee: Art
- AM ● Snack and Chat [CS2]
- AM ● **Book Marks [CR2]**
- PM ● Creative Minds: Art Your Way [CS2]
- PM ● **Thymeless [CR2]**
- PM ● Coca-cola and 50's Rock and Roll
- PM ● Mindfulness Scavenger Hunt
- PM ● Words of Hope: Change (IN2L)
- PM ● Music & Movement [CY]

27

- AM ● Tap Your Feet to the Beat [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Snack and Chat [CS2]
- AM ● **Vitality Ballet**
- AM ● **Spark [CR2]**
- PM ● Jewel Art
- PM ● Rick Steve's Travel (IN2L)
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- 3:00 ● **Entertainment by The Piano Man [MK2]**
- PM ● Lemonade Social
- PM ● Musical Memories

28

- AM ● Leg Workout [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Take a Penny If [CR2]
- AM ● Snack and Chat [CS2]
- AM ● **Morning Mass with Deacon Fred [SR2]**
- PM ● **Outing to Ted Drews**
- PM ● **Thymeless [CR2]**
- PM ● Walking Club
- PM ● All About Frank Sinatra
- PM ● Karaoke [CR2]

29

- AM ● Waking Up to the Sounds of Big Band
- AM ● Morning Cardio [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Choir Club: A Patriotic Tribute
- AM ● Snack and Chat
- AM ● Color and Shape Matching
- AM ● Coffee and Comedy
- PM ● Coke Float Social & the Music of the 1950's [MK2]
- PM ● **Essence**
- PM ● **Thymeless [CR2]**
- 3:00 ● **Entertainment: Pianist Marvin Cohen [CR2]**
- PM ● Quotes about Kindness
- PM ● Arm Chair Travel
- PM ● The Sounds of Elvis [CR]

30

- AM ● Tai Chi [CS2]
- AM ● **Thymeless: Herb Garden Care**
- AM ● Creative Minds: Sculpture [CR2]
- AM ● Color and Shape Matching
- PM ● All About the United Kingdom [CR2]
- PM ● **Thymeless [CR2]**
- PM ● Things That Make Us Smile
- PM ● Relaxation: Moving Art
- PM ● Family Feud [CR2]



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